



## Spring Salad with Grapes and Pistachio-Crusted Goat Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup dry-roasted pistachios shelled finely chopped
- ☐ 4 ounces goat cheese
- ☐ 1 cup grapes red seedless halved
- ☐ 5 ounce spring lettuce mix
- ☐ 0.3 cup easy herb vinaigrette

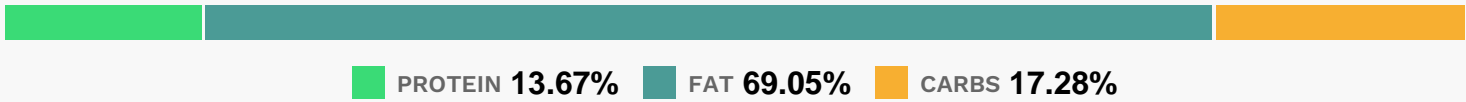
### Equipment

☐ mixing bowl

## Directions

- ☐ Place pistachios in a shallow dish. Divide cheese into 12 equal portions, rolling to form 12 balls.
- ☐ Roll each ball in the pistachios until well coated. Set pistachio-crusted cheese balls aside.
- ☐ Combine Easy Herb Vinaigrette and greens in a large mixing bowl, and toss gently to coat evenly. Divide greens mixture evenly among 4 salad plates. Top each serving with 1/4 cup grapes and 3 cheese balls.
- ☐ Sprinkle salads evenly with pepper, and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:19.5, Glycemic Load:3, Inflammation Score:-6, Nutrition Score:7.8226086212241%

## Nutrients (% of daily need)

Calories: 232.06kcal (11.6%), Fat: 18.55g (28.54%), Saturated Fat: 6.3g (39.4%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 9.28g (3.38%), Sugar: 6.95g (7.73%), Cholesterol: 13.04mg (4.35%), Sodium: 152.91mg (6.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.27g (16.53%), Vitamin K: 21.66µg (20.63%), Manganese: 0.32mg (15.92%), Copper: 0.31mg (15.75%), Vitamin A: 721.01IU (14.42%), Phosphorus: 128.17mg (12.82%), Vitamin C: 9.43mg (11.43%), Vitamin B2: 0.17mg (10.03%), Vitamin B6: 0.18mg (8.79%), Vitamin E: 1.31mg (8.71%), Vitamin B3: 1.74mg (8.7%), Magnesium: 27.98mg (6.99%), Folate: 26.38µg (6.6%), Iron: 1.06mg (5.88%), Potassium: 202.77mg (5.79%), Calcium: 54.06mg (5.41%), Vitamin B1: 0.07mg (4.73%), Fiber: 1.16g (4.64%), Zinc: 0.62mg (4.15%), Vitamin B5: 0.39mg (3.87%), Selenium: 2.1µg (3%)